

Paul T. P. Wong: A Light on the Road Less Traveled

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In a career that has spanned nearly five decades, Paul Wong's contributions to the field of psychology have been nothing short of remarkable. To briefly illustrate, a Google Scholar search on 11 July 2023 revealed that his scholarly work has been cited 9,870 times in the last five years alone (an average of nearly 2,000 citations per year). Paul has made substantial contributions to many different areas of the psychological literature, with some of his most influential and revolutionary ideas featured in his more recent work within the paradigm of existential positive psychology. His work and contributions reflect the life mission he has adopted: "To bring meaning and happiness to the suffering people." In pursuit of this mission, Paul has been a pioneering voice in shaping and redirecting trends in psychological science, but his efforts have not been without costs. At times, he has met opposition because his innovative ideas about how to live a flourishing life have not always aligned with mainstream psychological thought, but he has stayed the course and continued to chart a pathway forward because he values his mission and the higher purpose he serves. In so doing, Paul has modeled a basic tenet of his paradigm-shifting work within existential positive psychology, which is that sustainable well-being necessarily depends on our ability to embrace and transform suffering. It's been a tremendous honor and privilege to learn from Paul, work alongside him in support of his mission, and watch as his contributions have helped shift the tide of positive psychology.